



Alumni & friends please join us for a three week **FREE prenatal yoga pilot program!**

Mark your calendar & join us for three 75 minute classes:

*Monday, November 4th at 10 a.m.*

*Wednesday, November 13th at 9 a.m.*

*Tuesday November 19th at 6:30 p.m.*



Guest Teacher:

Heidi Pollard-Hermann  
RN, MA, MSN, RYT-200

Heidi is a labor and delivery RN, lactation educator and completed her prenatal yoga teacher training. She believes prenatal yoga is a wonderful way for a mother to connect with her baby, strengthen her body and discover a larger community of support.

All moms-to-be are welcome at any stage of your pregnancy.

Connect with other moms and take some special time for you and your baby. Enjoy a safe, supportive environment with your Warner Pacific family.

Classes located in Upper Egtvedt, Room 203  
2219 SE 68th Avenue  
Portland, OR 97215  
[warnerpacific.edu/prenatal-yoga](http://warnerpacific.edu/prenatal-yoga)

For additional information contact:  
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